ONE PAGE SUMMARY

Kids Learning › Moral Values › Courage

# What is Courage

Courage: The Strength to Face Your Fears

## DEFINITION

> Courage is the ability to confront fear, pain, or challenges with bravery. It means doing what is right, even when it's hard.

## KEY CONCEPTS

### Facing Fears

Courage involves acknowledging your fears and taking action despite them.

### Standing Up for Others

True courage means defending someone who is being treated unfairly, even if it’s risky.

### Persistence

Courage is not just about big actions; it also includes continuing to try when things get tough.

### Making Tough Choices

Sometimes, courage means making decisions that are difficult but necessary for the right reasons.

### Emotional Strength

Courage also involves being strong emotionally, like expressing feelings or asking for help.

## EXAMPLES

→ Standing up to a bully at school.

→ Trying out for a team even if you might not make it.

→ Speaking in front of the class about a personal story.

## MEMORY TIPS

★ Think of the word 'Courage' as 'Caring Enough to Overcome Real Gutsy Experiences.'

★ Visualize a superhero facing challenges to remember that courage is about bravery.

★ Use the acronym F.A.C.E. - Face fears, Act bravely, Choose right, and Endure.

## COMMON MISTAKES

✗ Confusing courage with recklessness, which lacks thought and safety.

✗ Believing that only big actions count as courage, ignoring small acts.

✗ Thinking courage means being fearless, when it actually involves feeling fear and acting anyway.

## QUICK RECAP

Courage is about facing fears and taking action despite challenges. It includes standing up for others, making tough choices, and showing emotional strength. Remember, courage can be found in both big and small actions.